Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_

Pre-Assessment Fitness Appraisal (Student Copy)

|  |  |  |
| --- | --- | --- |
| Test | Result | Student Standard |
| Mile (m:s) |  |  |
| V-Sit Reach (in.) |  |  |
| Trunk Lift (in.) |  |  |
| Shoulder Stretch (P/F) |  |  |
| Push Up |  |  |
| Curl Up |  |  |
| Skinfold Caliper |  |  |
| BMI |  |  |

BMI = Weight ÷ (Height)2

Conversions:

Weight (lbs) ÷ 2.2 = Weight (kg)

[ Height (in.) x 2.54 ] ÷ 100 = Height (m)

Weight (kg)

Height (m)

-------------------------------------------------------------------------------

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_

Pre-Assessment Fitness Appraisal (Teacher Copy)

|  |  |  |
| --- | --- | --- |
| Test | Result | Student Standard |
| Mile (m:s) |  |  |
| V-Sit Reach (in.) |  |  |
| Trunk Lift (in.) |  |  |
| Shoulder Stretch (P/F) |  |  |
| Push Up |  |  |
| Curl Up |  |  |
| Skinfold Caliper |  |  |
| BMI |  |  |